



Valley Center-Pauma Unified School District
Wellness Committee Minutes
May 31, 2022
3:15 p.m. in P-15

Members in Attendance:

Jon Petersen, *Chief Business Officer*
Johnna Jenkins, *Director of Student Nutrition*
Estela Serrato, *LVN at Valley Center Middle School*
Kathy Yarush, *Teacher at Valley Center Primary School*
Julie Stroh, *Member of the Board of Trustees*
Julie Peyton, *Accounting Specialist, Parent of VCHS Students*
Christopher Petersen, *Student and Leadership Student at Valley Center High School*

1. Welcome

Jon Petersen opened the meeting with a welcome.

2. Purpose of the Committee

Jon Petersen reviewed the committee's purpose.

3. Child Nutrition Services Update - Johnna Jenkins, Director of Child Nutrition Services

Johnna Jenkins reviewed the CNS program's offerings during the current school year, including the mechanics of menu planning, and discussed the near-future as CNS has just become eligible for the Community Eligibility Provision (CEP). She discussed how CEP will tie into the State of California's universal meals requirement. The complete presentation is attached to these minutes.

4. Review the Hot Weather Guidelines Before Summer School Starts

As summer school is just around the corner, Jon Petersen presented the district's procedures for physical activity during hot weather. The committee reviewed the procedures and agreed upon the adequacy of the current procedures, which are attached to these minutes.

5. Triennial Assessment of Wellness Policy

Jon Petersen reviewed the committee's progress thus far in performing a Triennial Assessment of the school district's Wellness Policy. After reviewing the elements of the

assessment that the committee had previously approved through WellSAT 3.0, he introduced new assessment data from the San Diego Healthy Works Program, which reviewed evidence of the school district's outreach and engagement with families through the district website. The results of those findings were reviewed by the committee. There were some areas of improvement identified by the consultant, and Jon Petersen said that the district will implement those suggestions in the coming school year after the district transitions to a new website provider.

After reviewing the district outreach and engagement analysis, the committee approved the final draft of the Triennial Assessment.

6. Recommendation to Approve Updates to the District's Wellness Policy (B.P. 5030)

At its previous meeting, the Wellness Committee approved suggested changes to the Wellness Policy based on the triennial findings from the WellSAT 3.0 tool. After receiving additional assessment data on engagement from the San Diego Healthy Works program, the committee determined that no additional amendments are necessary to the Wellness Policy in light of the additional assessment. The revised Wellness Policy will be taken to the school board in the next school year.

7. Items from the Floor

Committee member Kathy Yarush shared her concerns about an apparent increase in the number of students fracturing bones on the playground at Valley Center Primary School. Jon Petersen said that the district was already reaching out to a specialist at the San Diego County Office of Education for a safety assessment of the district's playgrounds. Kathy stated that she and the primary teachers do not believe there is anything inherently unsafe about the playground conditions, as they have been essentially the same for many years. They believe that during the COVID-19 lockdowns many students stopped being physically active and that they spend an inordinate amount of "screen time" on mobile devices, thus suffering a loss in coordination and agility. Jon Petersen said he would forward this issue to the Educational Services division for further research and what instructional strategies may be useful for increasing the coordination/agility of young students, particularly in the TK-2 grades, if warranted.